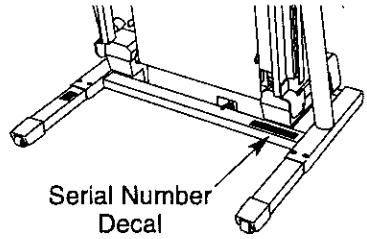
NordicTrack®

A2250

USER'S MANUAL

Model No. NTL77806.1
Serial No. _____

Find the serial number in the location shown below. Write the serial number in the space above for reference.

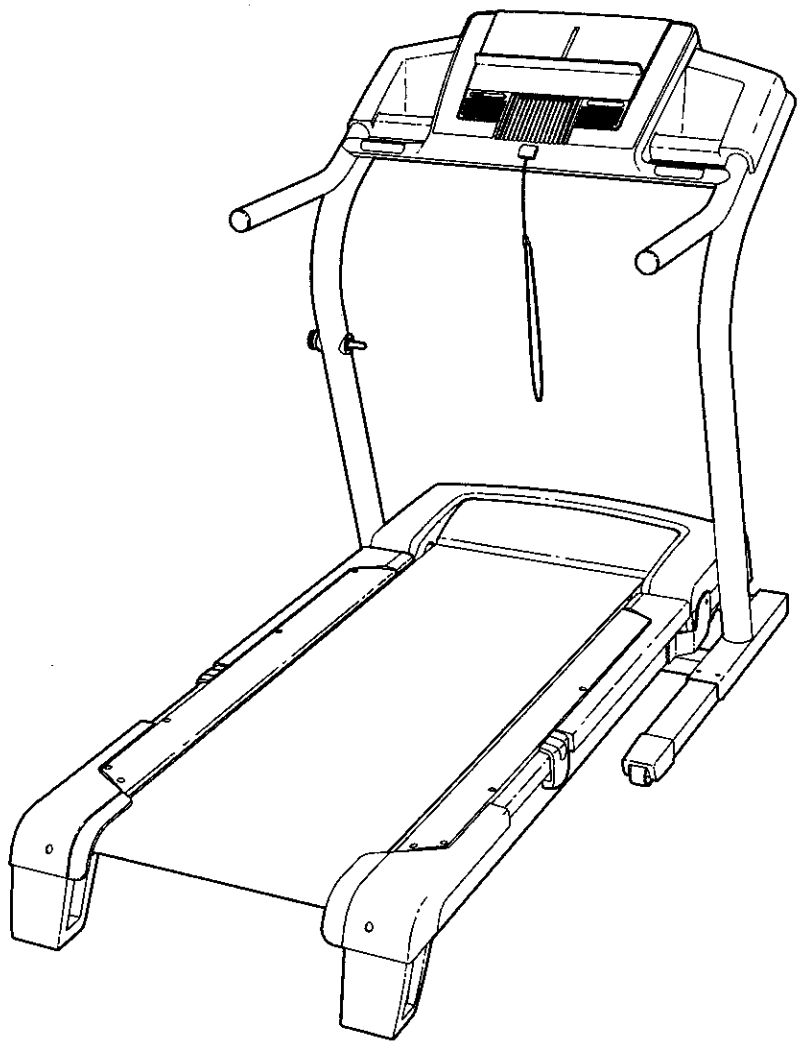


QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:
1-888-825-2588
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.nordictrackservice.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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new products, prizes,
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NordicTrack®

A2250

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 300 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local NordicTrack dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 22 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 11).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 20.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
21. Do not change the incline of the treadmill by placing objects under the treadmill.

22. When folding or moving the treadmill, make sure that the storage latch is fully closed.

23. When using iFIT cards, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

24. When using iFIT cards, you can manually override the speed and incline settings by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the iFIT program.

25. Always remove iFIT cards from the iFIT slot when you are not using them.

26. Inspect and properly tighten all parts of the treadmill regularly.

27. Never insert or drop any object into any opening.

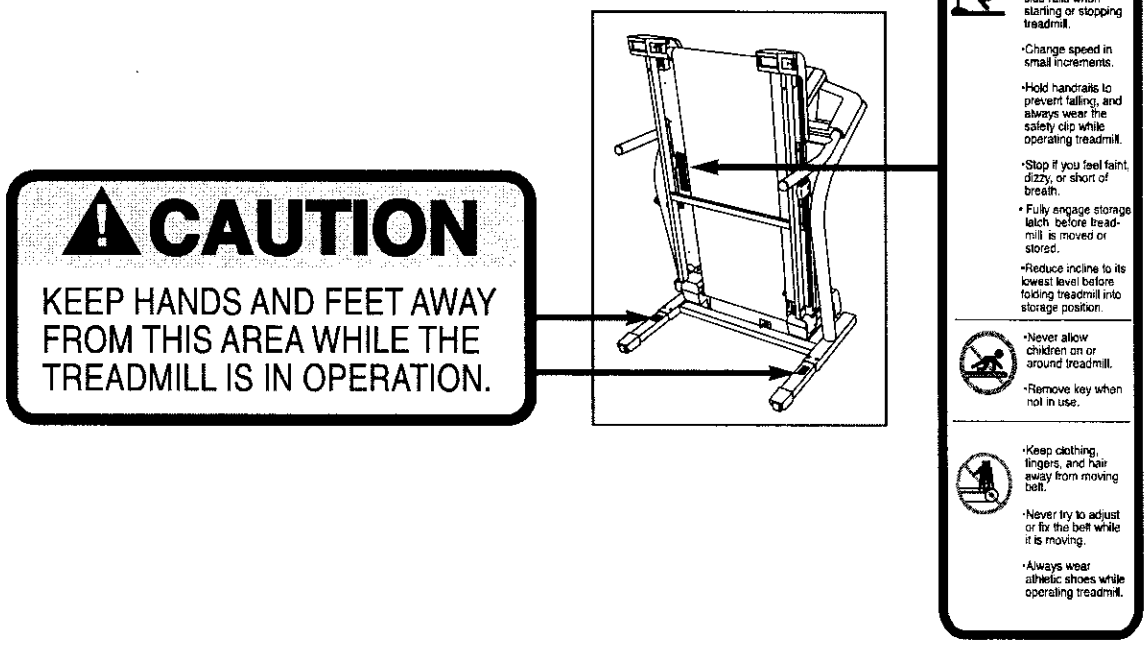
28. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

29. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on the treadmill. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decal may not be shown at actual size.

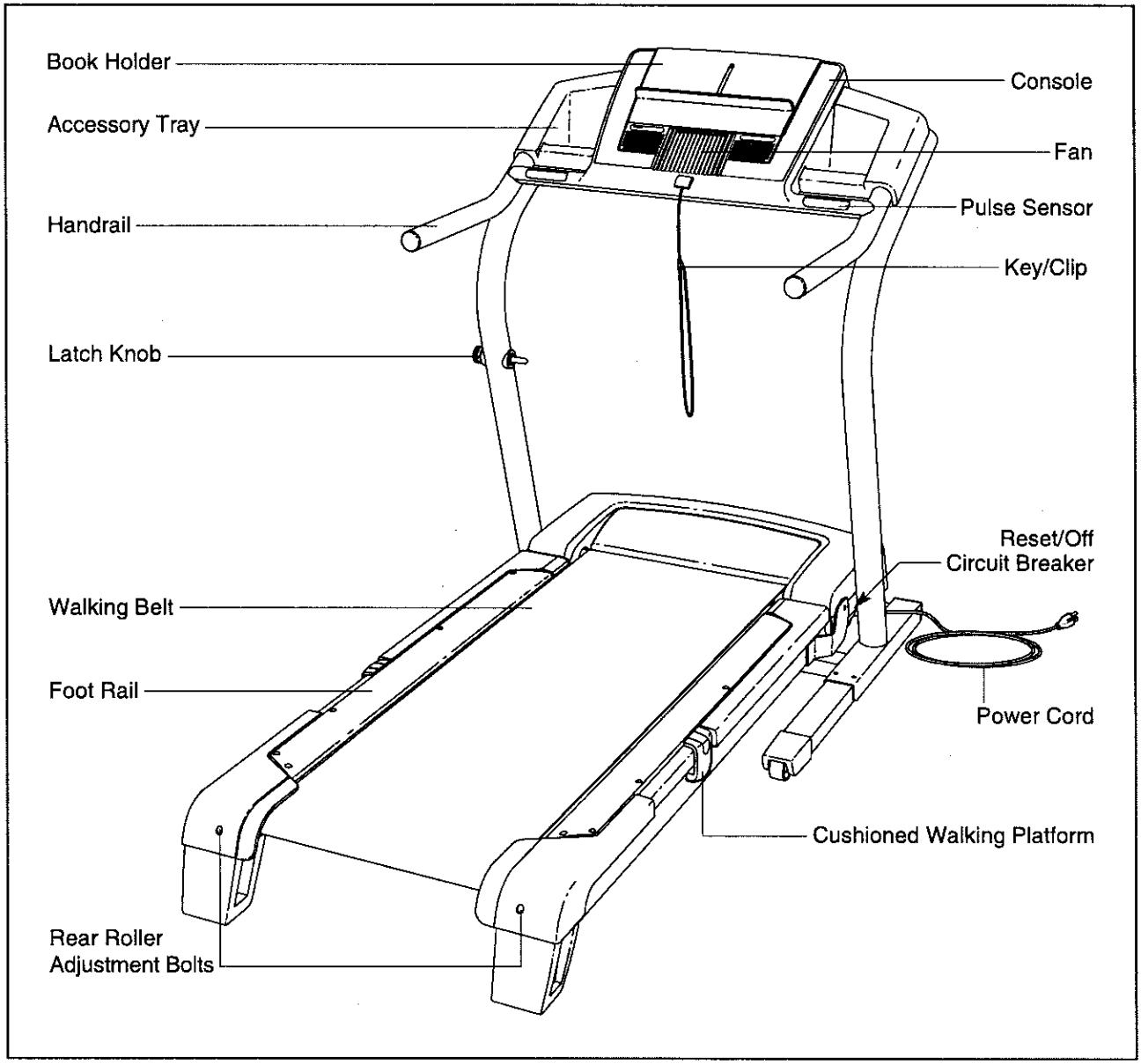

⚠CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
⚠WARNING
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® A2250 treadmill. The A2250 treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique A2250 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before calling. The model number of the treadmill is NTL77806.1. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

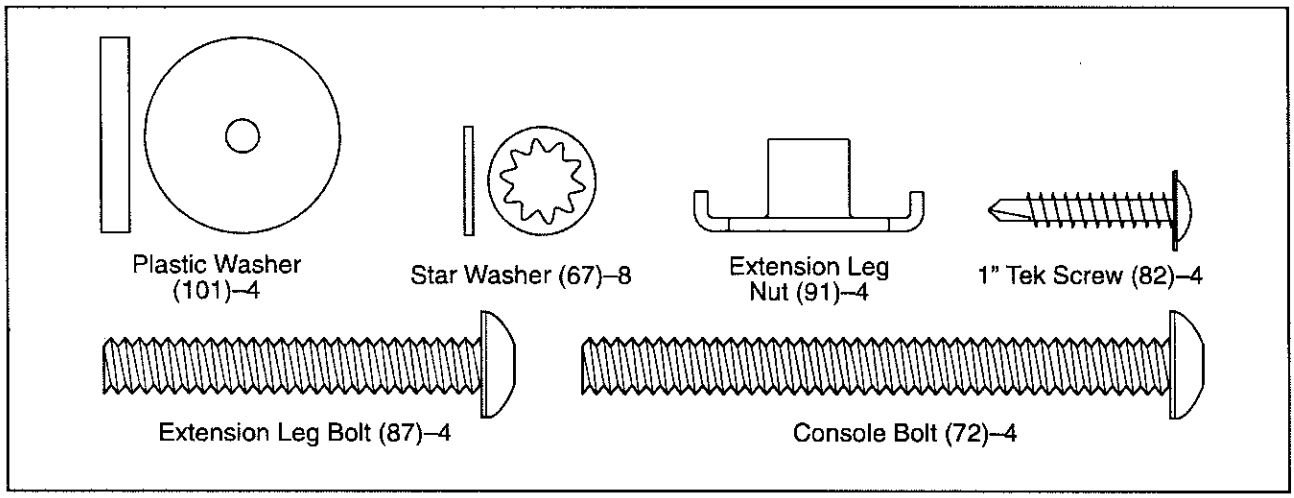


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrench and your own phillips screwdriver , and rubber mallet . For help identifying the assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 26 and 27. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled. To avoid damaging plastic parts, do not use power tools for assembly.**



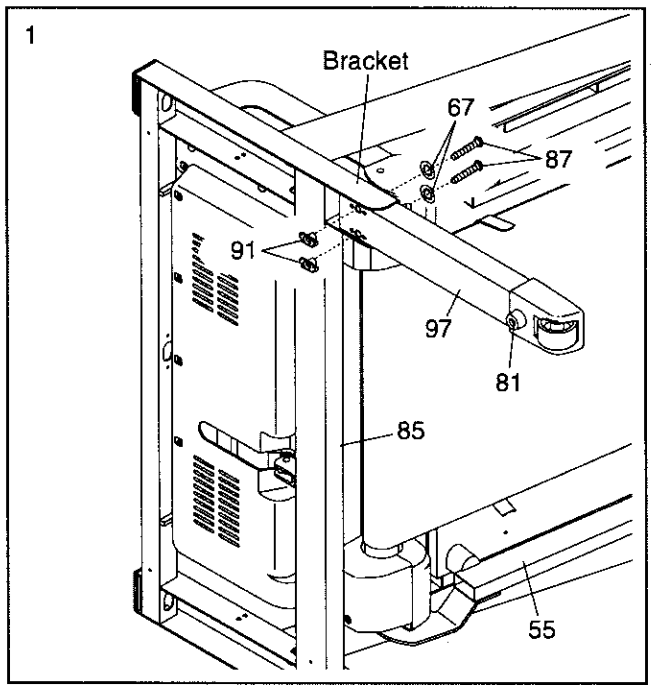
1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its side as shown. Partially fold the Frame (55) so that the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

   Insert an Extension Leg (97) into the indicated bracket on the base of the Uprights (85). Make sure that the Extension Leg is turned so the Base Pad (81) is on the side shown. If necessary, use a rubber mallet to align the holes in the Extension Leg with the holes in the bracket.

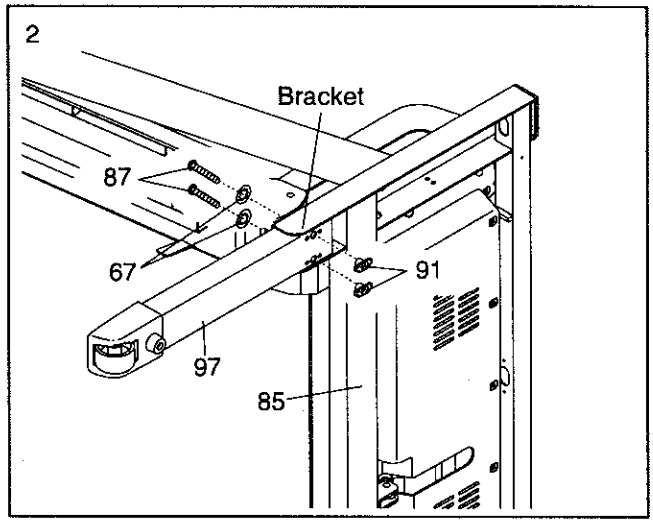
   Attach the Extension Leg (97) with two Extension Leg Bolts (87), two Star Washers (67), and two Extension Leg Nuts (91) as shown. **Firmly tighten the Extension Leg Bolts.**

   With the help of a second person, carefully tip the treadmill onto its other side.



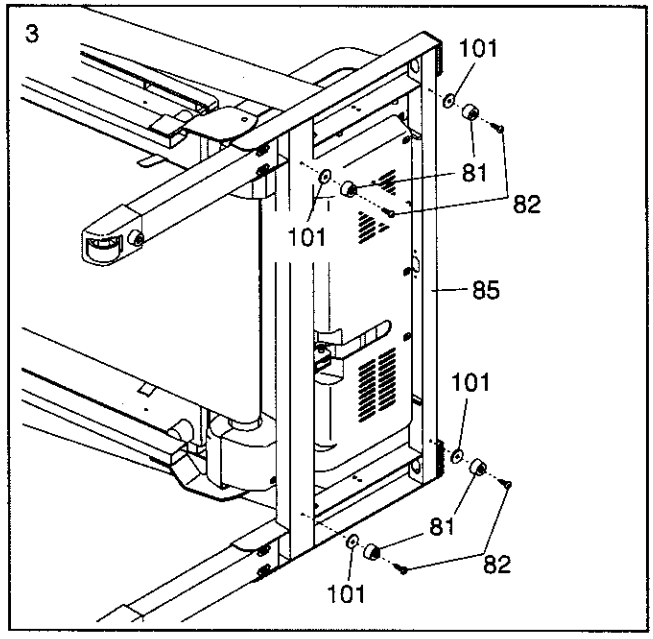
2. Insert the other Extension Leg (97) into the indicated bracket on the base of the Uprights (85) as shown.

   Attach the Extension Leg (97) with two Extension Leg Bolts (87), two Star Washers (67), and two Extension Leg Nuts (91) as shown. **Firmly tighten the Extension Leg Bolts.**



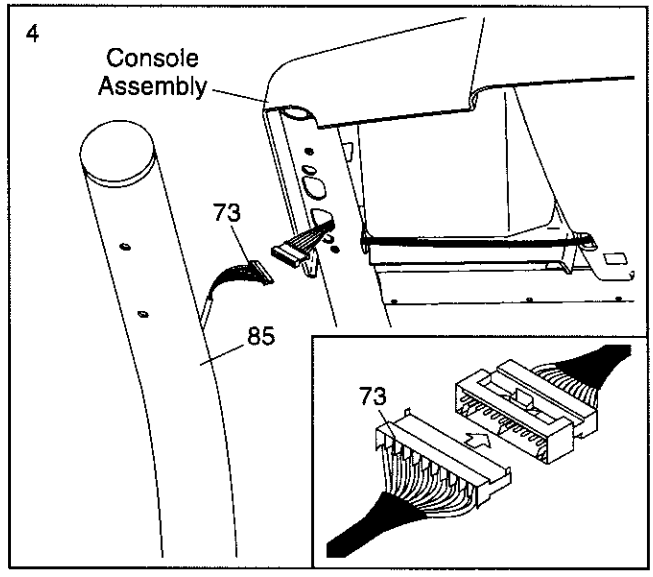
3. Attach the four Base Pads (81) to the base of the Uprights (85) in the indicated locations with four 1" Tek Screws (82) and four Plastic Washers (101). Note: One replacement Base Pad may be included. Use the Base Pad to replace any Base Pad that becomes worn.

   With the help of a second person, carefully tip the treadmill down so that the Base Pads (81) are resting on the floor and the Uprights (85) are in the vertical position.

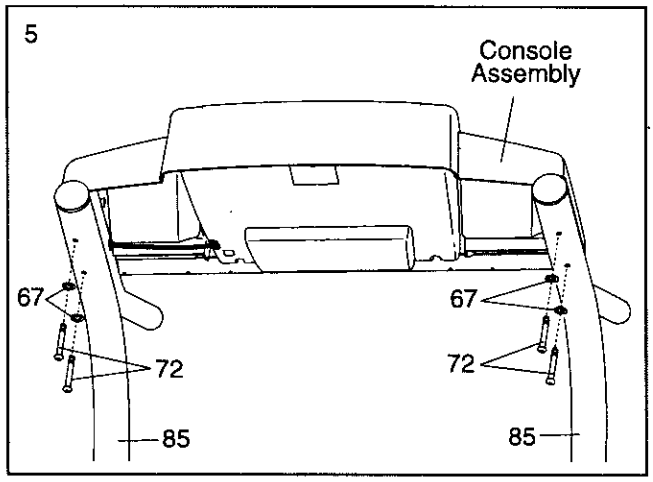


4. Remove the band securing the Upright Wire Harness (73) to the right Upright (85). Have a second person hold the console assembly near the right Upright.

   Connect the Upright Wire Harness (73) to the wires extending from the console assembly. **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, insert the connectors into the right Upright (85).

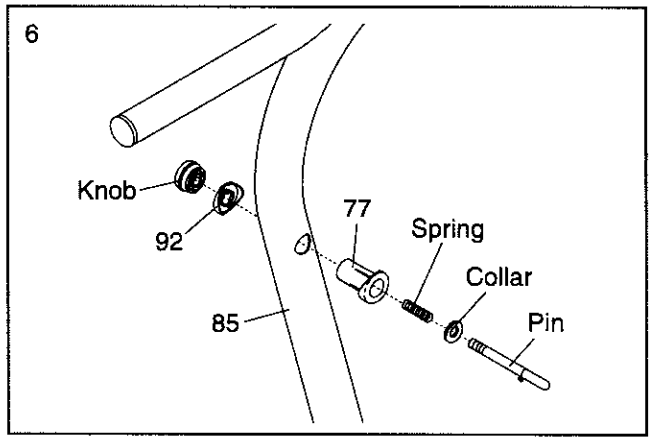


5. With the help of a second person, set the console assembly on the Uprights (85). **Make sure that no wires are pinched.** Attach the console assembly with four Console Bolts (72) and four Star Washers (67). **Start all four Console Bolts before tightening any of them.**



6. Press the Latch Insert (77) into the right side of the left Upright (85), and press the Knob Insert (92) into the left side of the left Upright. Use a rubber mallet, if necessary.

   Remove the knob from the pin. Make sure that the collar and the spring are on the pin. Next, insert the pin into the Latch Insert, and tighten the knob back onto the pin.



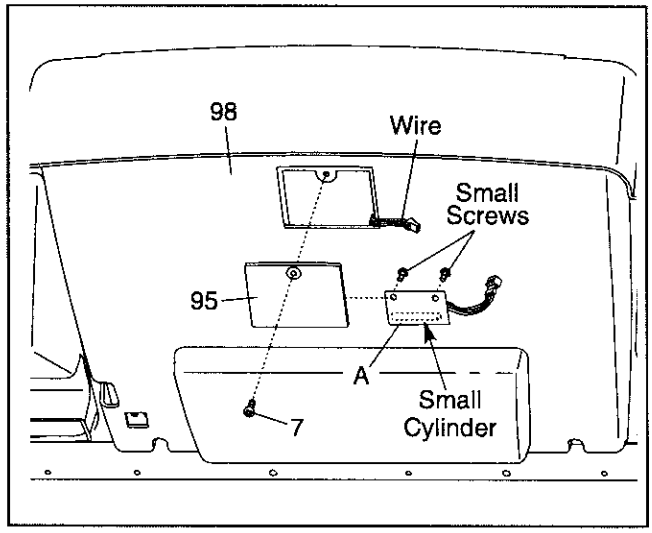
7. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 23). **To protect the floor or carpet from damage, place a mat under the treadmill.**

If you purchase the optional chest pulse sensor (see page 19), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated Screw (7) and the Access Door (95) from the left side of the Console Base (98).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Base (98). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Base.** Attach the receiver to the plastic posts on the Access Door (95) with the two included small screws.

3. **Make sure that no wires are pinched.** Reattach the Access Door (95) with the Screw (7). Discard the other wires included with the receiver.



OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

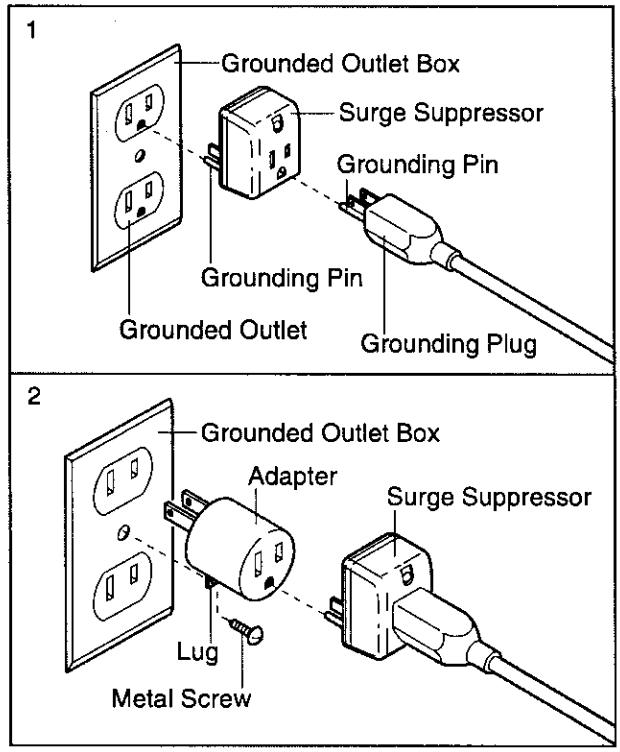
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local NordicTrack dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

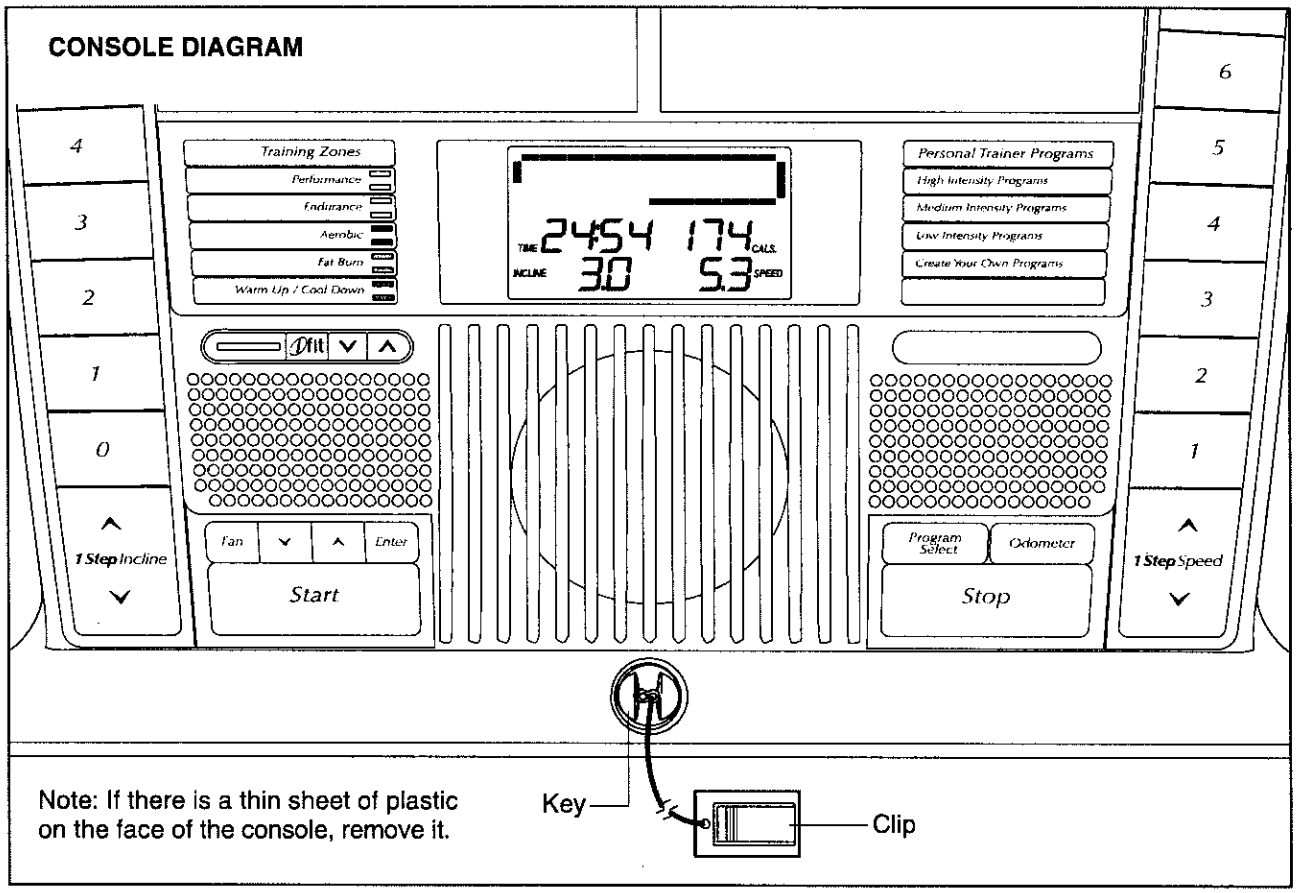
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to help you get the most from your workouts. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the optional chest pulse sensor (see page 19).

In addition, the console features six preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own custom workout programs and save them in memory for future use.

The console also features the new iFIT Interactive Workout system. The iFIT system enables the console to accept iFIT Interactive Workout Cards containing workout programs designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss program, or train for a long-distance run with the Marathon program. iFIT programs automatically control the treadmill while the voice of a personal trainer coaches you and motivates you through every step of your workout. One iFIT Card with three new programs is included. Additional iFIT Cards are available separately. **To purchase iFIT Cards at any time, go to www.iFIT.com or call the toll-free telephone number on the front cover of this manual. iFIT Cards are also available at select stores.**

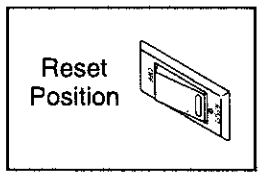
To use the manual mode of the console, follow the steps beginning on page 11. **To use a preset program**, see page 14. **To create and use a custom program**, see pages 15 and 16. **To use an iFIT card**, see page 17.

Note: If there is a sheet of clear plastic on the console, peel off the clear plastic.

HOW TO TURN ON THE POWER

Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill.

Plug in the power cord (see page 9). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the reset position.



Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 10), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

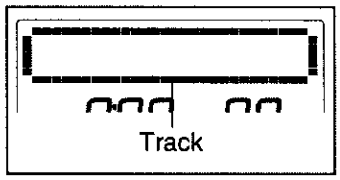
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

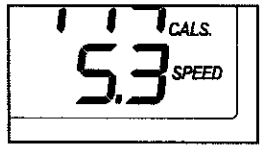
When the key is inserted, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Program Select button repeatedly until a track appears in the matrix.



3 Start the walking belt.

To start the walking belt, press the Start button, the 1 Step Speed increase button, or one of the speed buttons numbered 1 through 10.

If the Start button or the 1 Step Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the 1 Step Speed increase and decrease buttons.



Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

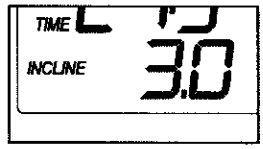
If one of the speed buttons numbered 1 through 10 is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the Time/Distance display. To restart the walking belt, press the Start button, the 1 Step Speed increase button, or one of the speed buttons numbered 1 through 10.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 23).

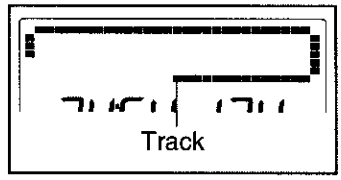
4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the 1 Step Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline quickly, press one of the incline buttons numbered 0 through 12. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

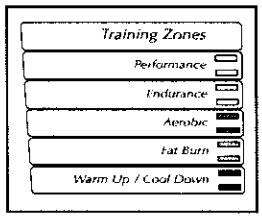


5 Follow your progress with the matrix and the displays.

The matrix—
When the manual mode is selected, the matrix will show a 1/4-mile track. As you walk or run, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.

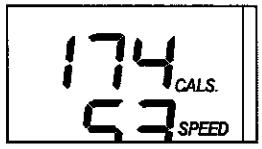


The Training Zones display—This display indicates the approximate intensity level of your exercise. If five or six indicators are lit, for example, the display shows that your pace is ideal for aerobic exercise.

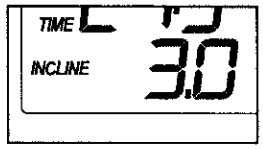


The Time/Distance display—This display will show the elapsed time and the distance that you have walked or run during your workout. Note: When a program is selected (except for a custom program), the display will show the time remaining in the program instead of the elapsed time. The display will change from one number to the other every few seconds.

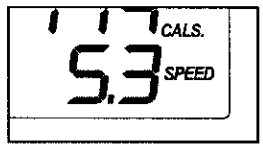
The Calories/Pulse display—This display will show the approximate number of calories you have burned. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.



The Carbs/Incline display—This display will show the approximate number of grams of carbs you have burned and the incline level of the treadmill. Note: Each time the incline changes, the display will show the incline setting.

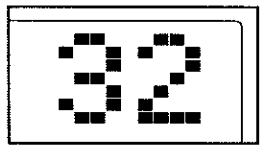


The Speed/Pace display—This display will show the speed of the walking belt and your pace (pace is measured in minutes per mile). The display will change from one number to the other every few seconds.



Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, see THE USER'S MODE on page 18. **Note: For simplicity, all instructions in this section refer to miles.**

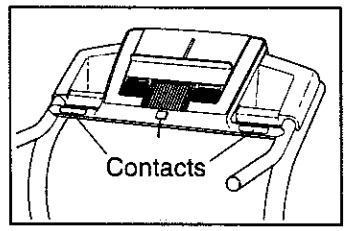
To see the total number of miles that the walking belt has moved since the last reset, press the Odometer button; the total number of miles will appear in the matrix. To reset this number, hold down the Odometer button for a few seconds.



The number will appear in the display for a few seconds.

6 Measure your heart rate if desired.

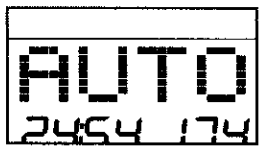
Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately. Before using the handgrip pulse sensor, remove the clear plastic film from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands.** When your pulse is detected, the heart symbol beside the Calories/Pulse display will flash and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button; the word "LOW" will appear in the matrix for a few seconds. To turn on the fan at high speed, press the button a second time; the word "HIGH" will appear in the matrix. To select the auto mode, press the button again; the word "AUTO" will appear in the matrix. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.



To turn off the fan, press the Fan button again, the word "OFF" will appear in the matrix. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

8 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 18 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.

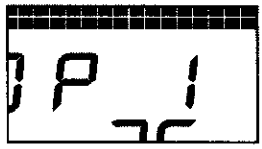
HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

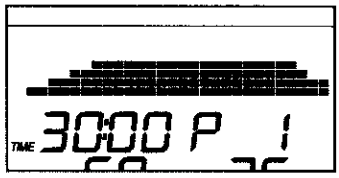
See HOW TO TURN ON THE POWER on page 11.

2 Select one of the preset programs.

To select one of the six preset programs, press the Program Select button repeatedly until "P 1," "P 2," "P 3," "P 4," "P 5," or "P 6" appears in the Calories/Pulse display.



As each preset program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the displays for a few seconds. The Time/Distance display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix.

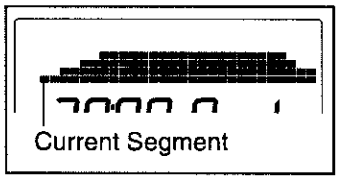


3 Press the Start button or the 1 Step Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into 30, 50, or 60 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix.



(The incline settings are not shown in the matrix.) The speed settings for the following segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or the incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the displays to alert you.

When the first segment is completed, *all speed settings will move one column to the left.* The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all seven indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column; If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well. **Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the Time/Distance display. To restart the program, press the Start button or the 1 Step Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 Follow your progress with the displays.

See step 5 on page 11.

5 Measure your heart rate if desired.

See step 6 on page 12.

6 Turn on the fan if desired.

See step 7 on page 13.

7 When you are finished exercising, remove the key from the console.

When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 18 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.

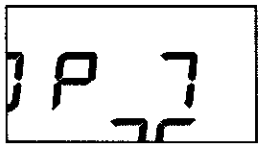
HOW TO CREATE A CUSTOM PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select one of the custom programs.

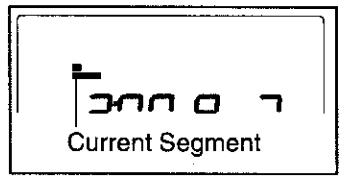
To select a custom program, press the Program Select button repeatedly until "P 7" or "P 8" appears in the display.



Note: If the custom program has not yet been defined, only three columns of indicators will scroll across the matrix. If more than three columns of indicators appear, see HOW TO USE A CUSTOM PROGRAM on page 16.

3 Press the Start button or the 1 Step Speed increase button and program the desired speed and incline settings.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.


Current Segment

See the matrix. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column.

When the first segment of the program ends, a series of tones will sound and the current speed setting and the current incline setting will be saved in memory. *The three columns of indicators will then move one column to the left,* and the speed setting for the second segment will be shown in the flashing Current Segment column. Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

4 When you are finished exercising, remove the key from the console.

See step 7 on this page.

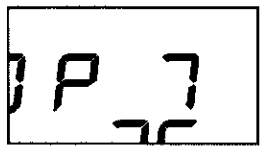
HOW TO USE A CUSTOM PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select one of the custom programs.

To select a custom program, press the Program Select button repeatedly until "P 7" or "P 8" appears in the Calories/Pulse display.



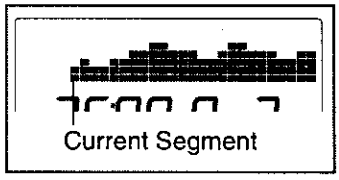
As each custom program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the displays for a few seconds. The Time/Distance display will show how long the program will last. A profile of the speed settings of the program will scroll across the matrix. **Note: If only three columns of indicators scroll across the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 15.**

3 Press the Start button or the 1 Step Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each custom program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix.



(The incline settings are not shown in the matrix.) The speed settings for the following segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or the incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the displays to alert you.

When the first segment is completed, *all speed settings will move one column to the left.* The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine the program while using it. **To change the speed or incline setting for the current segment,** simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program,** first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program,** press the Stop button twice at any time before the program is completed.

To stop the program at any time, press the Stop button. The time will begin to flash in the Time/Resistance display. To restart the program, press the Start button or the 1 Step Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 Follow your progress with the displays.

See step 5 on page 11.

5 Measure your heart rate if desired.

See step 6 on page 12.

6 Turn on the fan if desired.

See step 7 on page 13.

7 When you are finished exercising, remove the key from the console.

See step 7 on page 15.

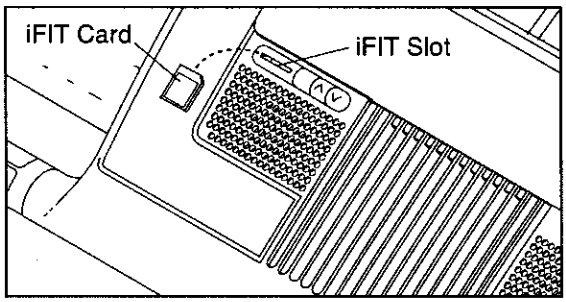
HOW TO USE AN IFIT CARD

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Insert an iFIT Card and select a program.

To use an iFIT program, insert an iFIT Card into the iFIT slot; make sure that the iFIT Card is oriented so the metal contacts are face-down and are inserted into the iFIT slot.



Next, select an iFIT program by pressing the iFIT up and down buttons next to the iFIT slot. When an iFIT program is selected, the display will show the name of the program, the maximum incline setting and the maximum speed setting of the program, and the program time. In addition, a profile of the speed settings of the program will scroll across the matrix.

Each iFIT program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

3 Press the Start button or the 1 Step Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

During the program, a personal trainer will guide you through the workout. You can adjust the volume or select an audio setting for your personal trainer (see THE USER'S MODE on page 18).

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons; however, when the next segment begins, **the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the Time/Distance display. To restart the program, press the Start button or the 1 Step Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 Follow your progress with the displays.

See step 5 on page 11.

5 Turn on the fan if desired.

See step 7 on page 13.

6 When you are finished exercising, remove the key from the console.

See step 7 on page 15.

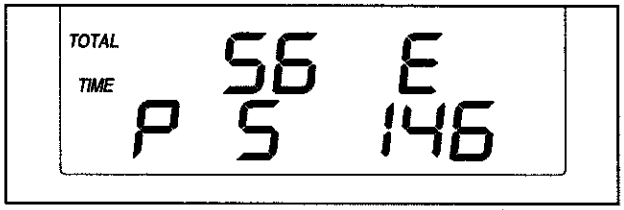
CAUTION: Always remove iFIT Cards from the iFIT slot when you are not using them.

THE USER'S MODE

The console features a user's mode that keeps track of the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been operated. The user's mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

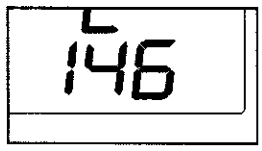
When the user's mode is selected, you can also choose an audio setting and a volume setting for your iFIT workouts.

To select the user's mode, hold down the Stop button while inserting the key into the console.



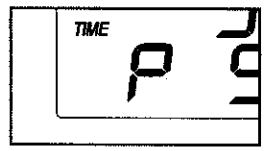
The upper left digit(s) in the display will show the total number of hours that the treadmill has been used.

The lower right digit(s) in the display will show the total number of miles (or kilometers) that the walking belt has moved.

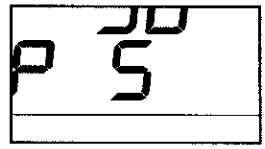


An "E" for English miles or an "M" for metric kilometers will appear as the top right digit in the display. Press the 1 Step Speed increase button to change the unit of measurement if desired.

When you use an iFIT Card, a personal trainer will guide you through your workouts and give detailed instructions if "P" is selected as the audio setting. If you turn off the "P" setting, your personal trainer will simply guide you through your iFIT workouts. Press the 1 Step Incline decrease button to change the audio setting.



You can adjust the volume of the personal trainer audio (0 through 5) by pressing the 1 Step Incline increase button repeatedly. The volume setting appears as the lower middle digit in the display.

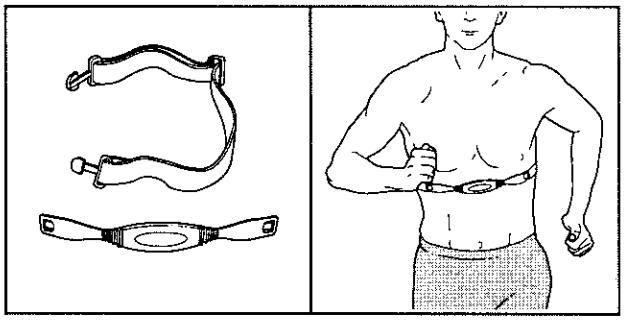


IMPORTANT: If a "d" appears next to the "E" or "M," the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically light in a preset sequence; the buttons on the console will not operate. **If a "d" appears when the user's mode is selected, press the 1 Step Speed decrease button so the "d" disappears.**

To exit the user's mode, remove the key from the console.

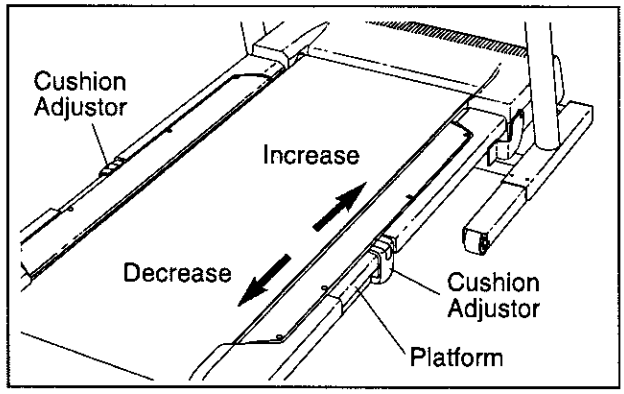
THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.**



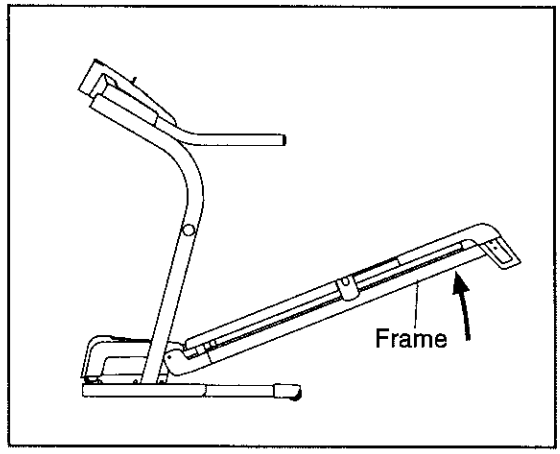
HOW TO ADJUST THE CUSHIONING SYSTEM

The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the cushion adjustors toward the front of the treadmill. To decrease the firmness, slide the cushion adjustors toward the back of the treadmill. **Note: It may be helpful to lift on the platform as you slide the adjustors. Make sure that both adjustors are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**



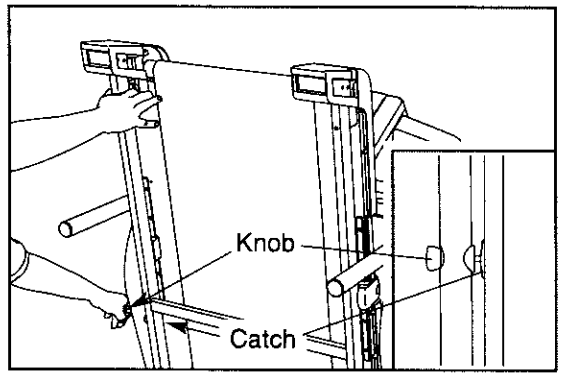
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE



Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

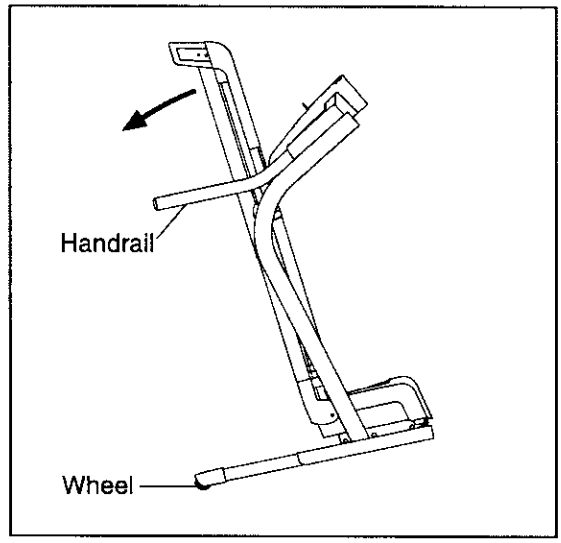
1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the treadmill by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the pin is aligned with the hole in the catch. Then, carefully release the latch knob. **Make sure that the frame is held securely by the pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.

HOW TO MOVE THE TREADMILL



Before moving the treadmill, convert it to the storage position as described above. **Make sure that the frame is held securely by the pin on the latch knob.**

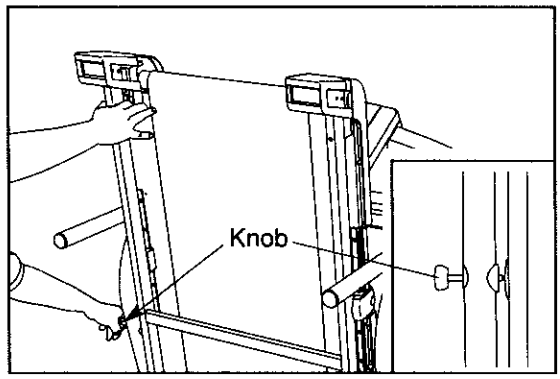
1. Hold the handrails and place one foot against a wheel.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

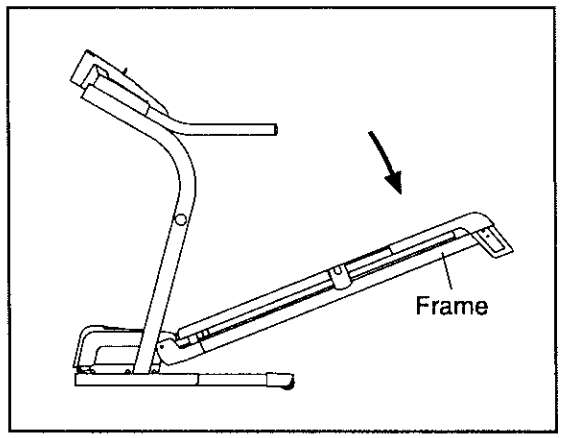
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the frame down until it is past the pin on the latch knob.



2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

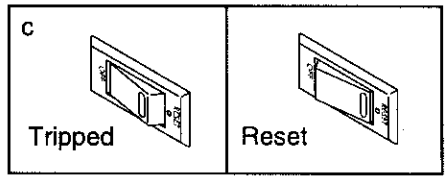
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch to the reset position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch to the reset position.

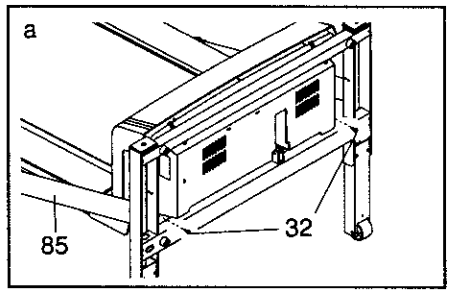
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

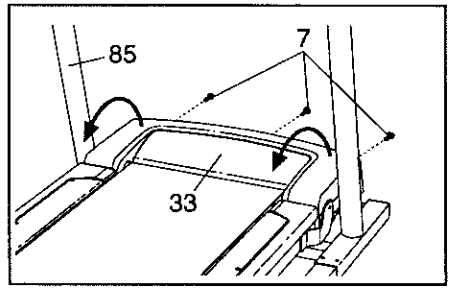
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

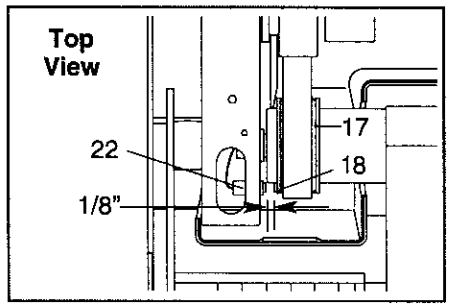
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, carefully lower the Uprights (85). Remove the two indicated Belly Pan Screws (32). Note: A phillips screwdriver with an 8" shaft is needed.



Raise the Upright (85) to the vertical position. Remove the three 3/4" Screws (7) from the Hood (33), and carefully pivot the Hood off.



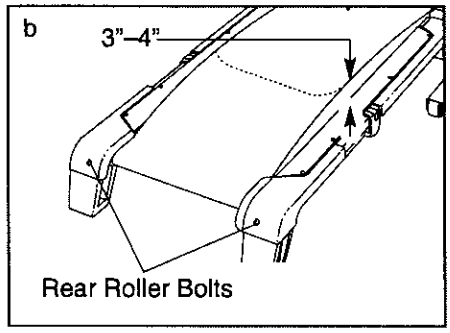
Locate the Reed Switch (22) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, move the Reed Switch slightly using a slotted screwdriver. Reattach the Motor Hood (not shown), making sure that the 3/4" Screws (not shown) are inserted into the same holes from which they were removed. Run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.

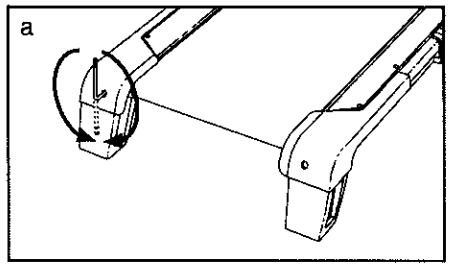
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



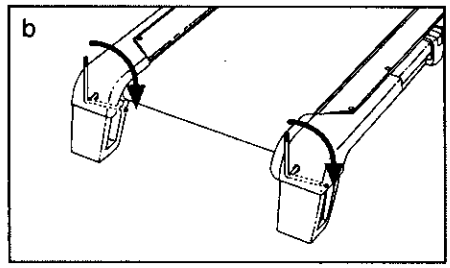
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left rear roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the pulse sensor on the console.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NTL77806.1

R0806A

To locate the parts listed below, see the EXPLODED DRAWING starting on page 28.

Key No.	Qty.	Description
1	1	Left Foot Rail
2	10	Foot Rail Screw
3	2	Cushion Adjustor
4	2	Adjustor Guide
5	2	Rear Platform Screw
6	1	Latch Warning Decal
7	17	3/4" Screw
8	10	Adjustor Guide Screw
9	1	Catch
10	2	Isolator
11	2	Platform Screw, Front
12	2	Belt Guide
13	4	Belt Guide Screw
14	2	Frame Pivot Bolt
15	1	Walking Platform
16	1	Walking Belt
17	1	Front Roller
18	1	Magnet
19	2	Frame Spacer
20	3	Nut
21	1	Reed Switch Clip
22	1	Reed Switch
23	10	1/2" Screw
24	2	Cable Tie
25	1	Drive Motor
26	1	Motor Belt
27	4	Rear Foot Bolt
28	1	Right Rear Foot
29	1	Left Rear Foot
30	2	Lift Frame Nut
31	2	Motor Bolt
32	6	Belly Pan Screw
33	1	Motor Hood
34	3	Hood Clip
35	1	Grommet
36	1	Upper Clevis Pin
37	2	Cotter Pin
38	1	Front Roller Adjustment Bolt
39	4	Rear Foot Nut
40	1	Incline Motor
41	1	Incline Motor Pin, Lower
42	1	Transformer
43	1	Controller
44	1	Reset/Off Circuit Breaker
45	1	Belly Pan
46	2	Wheel Housing Screw
47	1	Power Cord
48	1	Incline Wire Harness
49	1	Allen Wrench
50	1	Tie Holder
51	1	Releasable Tie
52	10	Plastic Tie
53	1	Front Roller Bushing
54	1	Right Foot Rail
55	1	Frame
56	1	Front Roller Ground Wire
57	2	Platform Nut
58	1	Idler Washer
59	1	Idler Pulley
60	2	Rear Roller Lock Washer
61	2	Rear Roller Bracket
62	2	Rear Roller Bolt
63	2	Wheel Pin
64	1	Rear Roller
65	1	Filter Wire
66	1	Idler Pulley Bolt
67	8	Star Washer
68	1	Idler Arm Bolt
69	1	Idler Arm Spacer
70	1	Handrail
71	2	Round Upright Endcap
72	4	Console Bolt
73	1	Upright Wire Harness
74	1	Idler Arm
75	1	Idler Arm Spring
76	1	Latch Assembly
77	1	Latch Insert
78	2	Handrail Endcap
79	2	Square Upright Endcap
80	2	Lift Frame Pivot Bolt
81	6	Base Pad
82	4	1" Tek Screw
83	4	U-nut
84	2	Caution Decal
85	1	Upright
86	1	Book Holder
87	4	Extension Leg Bolt
88	2	Wheel Housing
89	2	Front Wheel
90	2	Console Fan Screw
91	4	Extension Leg Nut
92	1	Knob Insert
93	1	iFIT Card
94	1	Lift Frame
95	1	Access Door
96	1	Lift Frame Ground Wire
97	2	Extension Leg
98	1	Console Base
99	12	Screw
100	1	Console Fan Assembly
101	6	Plastic Washer
102	2	Rear Roller Washer

Key No.	Qty.	Description
103	1	Key/Clip
104	4	Isolator Screw/Bracket Screw
105	1	Console
106	1	Idler Pulley Nut
107	1	Idler Pulley Washer
108	1	Front Roller Nut
#	1	12" Blue Wire, 2F
#	1	8" Blue Wire, M/F
#	1	8" Green Wire, F/Ring
#	1	4" Red Wire, M/F
#	1	User's Manual

#These parts are not illustrated.
Specifications are subject to change without notice.

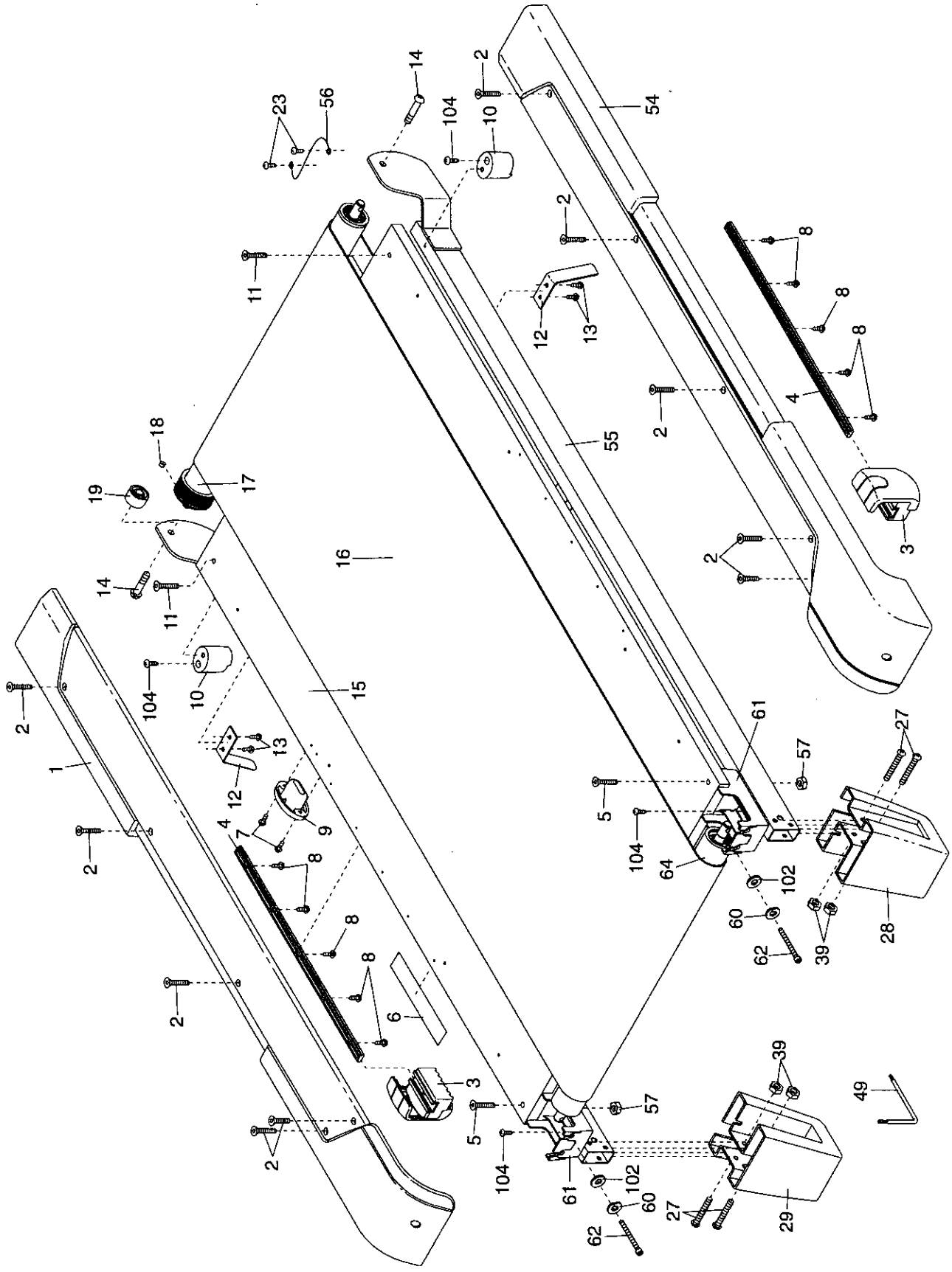
ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER OF THE PRODUCT (NTL77806.1)
- the NAME OF THE PRODUCT (NordicTrack A2250 treadmill)
- the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST starting on page 26 and the EXPLODED DRAWING starting on page 28)

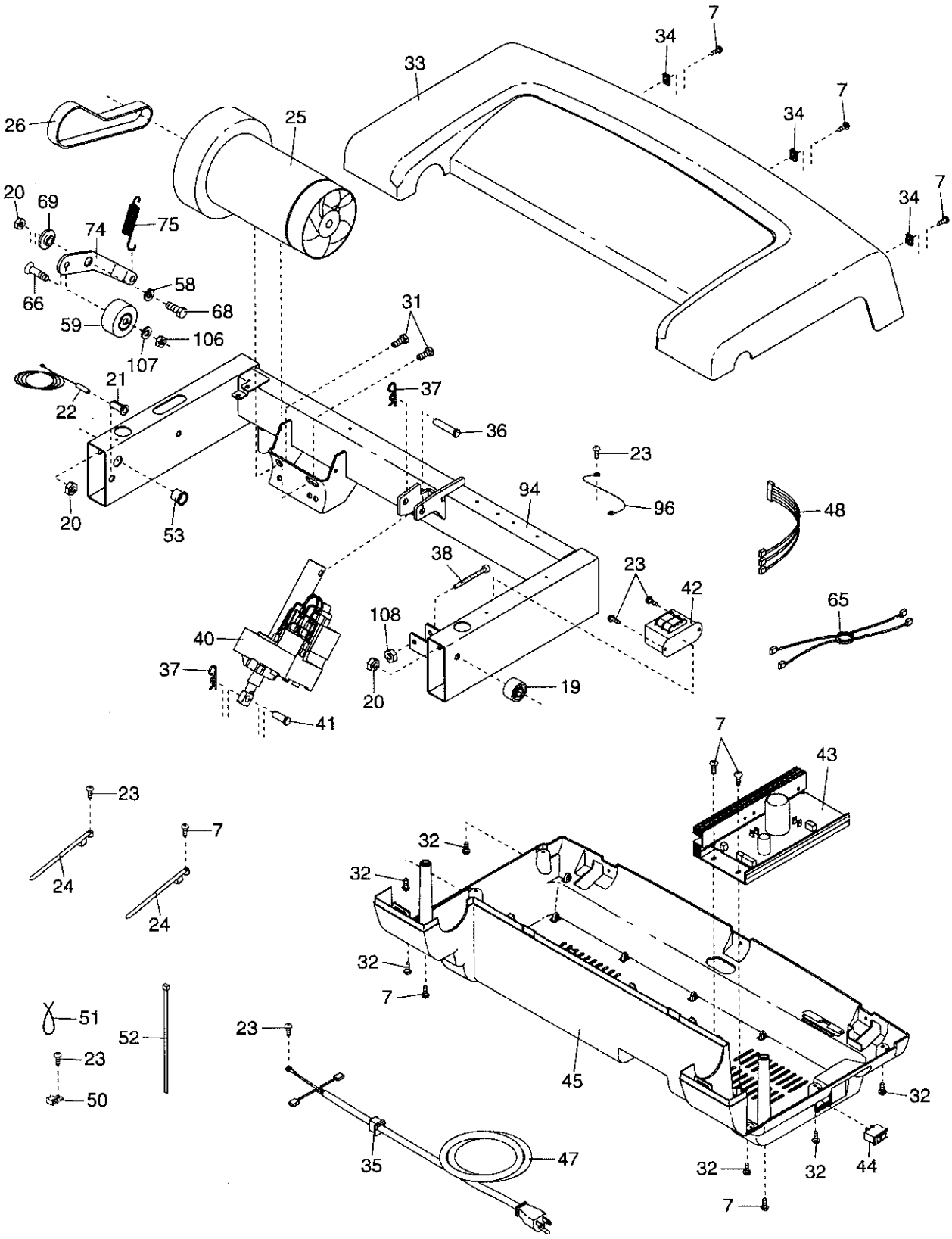
EXPLODED DRAWING A—Model No. NTL77806.1

R0806A



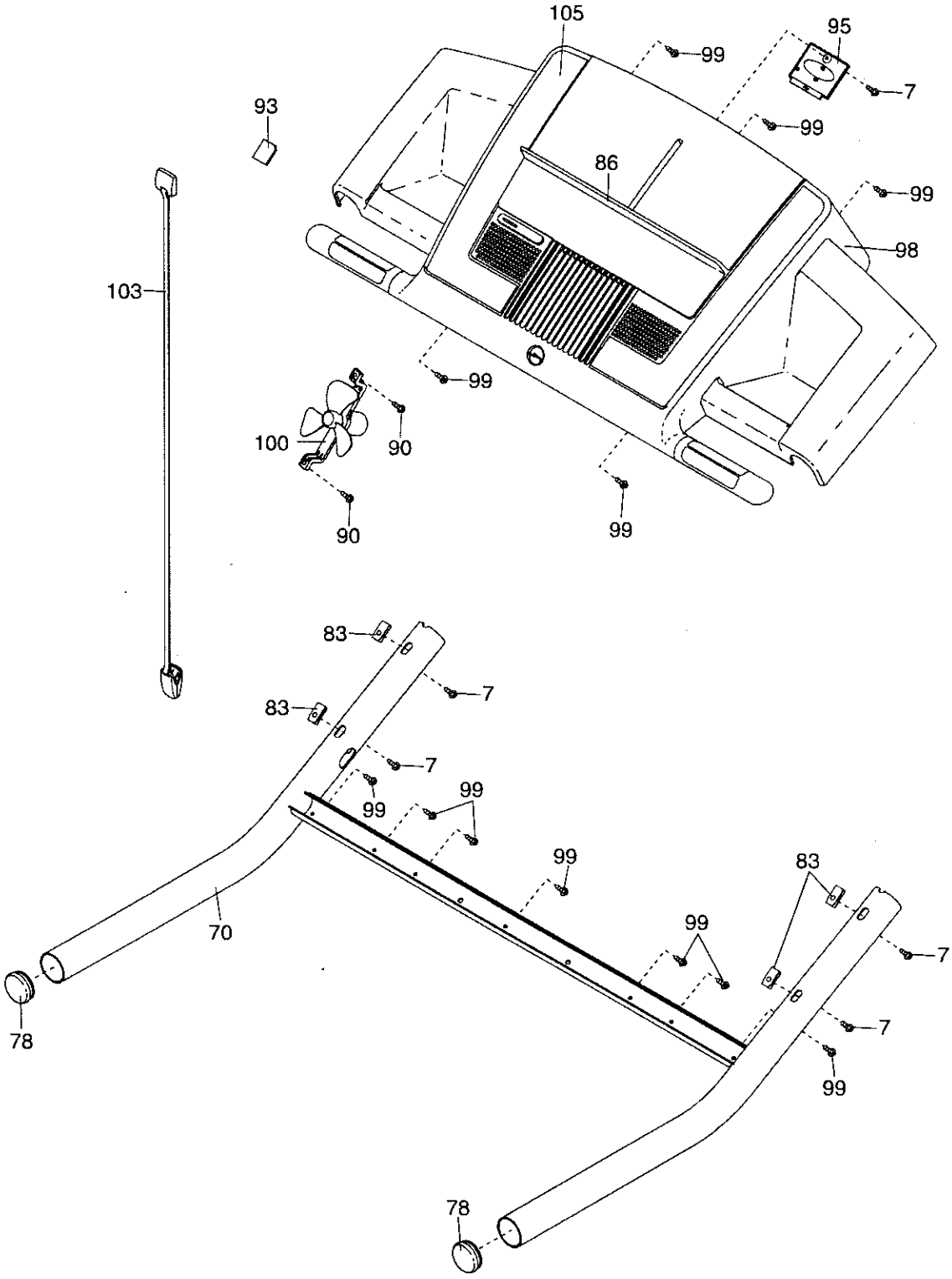
EXPLODED DRAWING B—Model No. NTL77806.1

R0806A



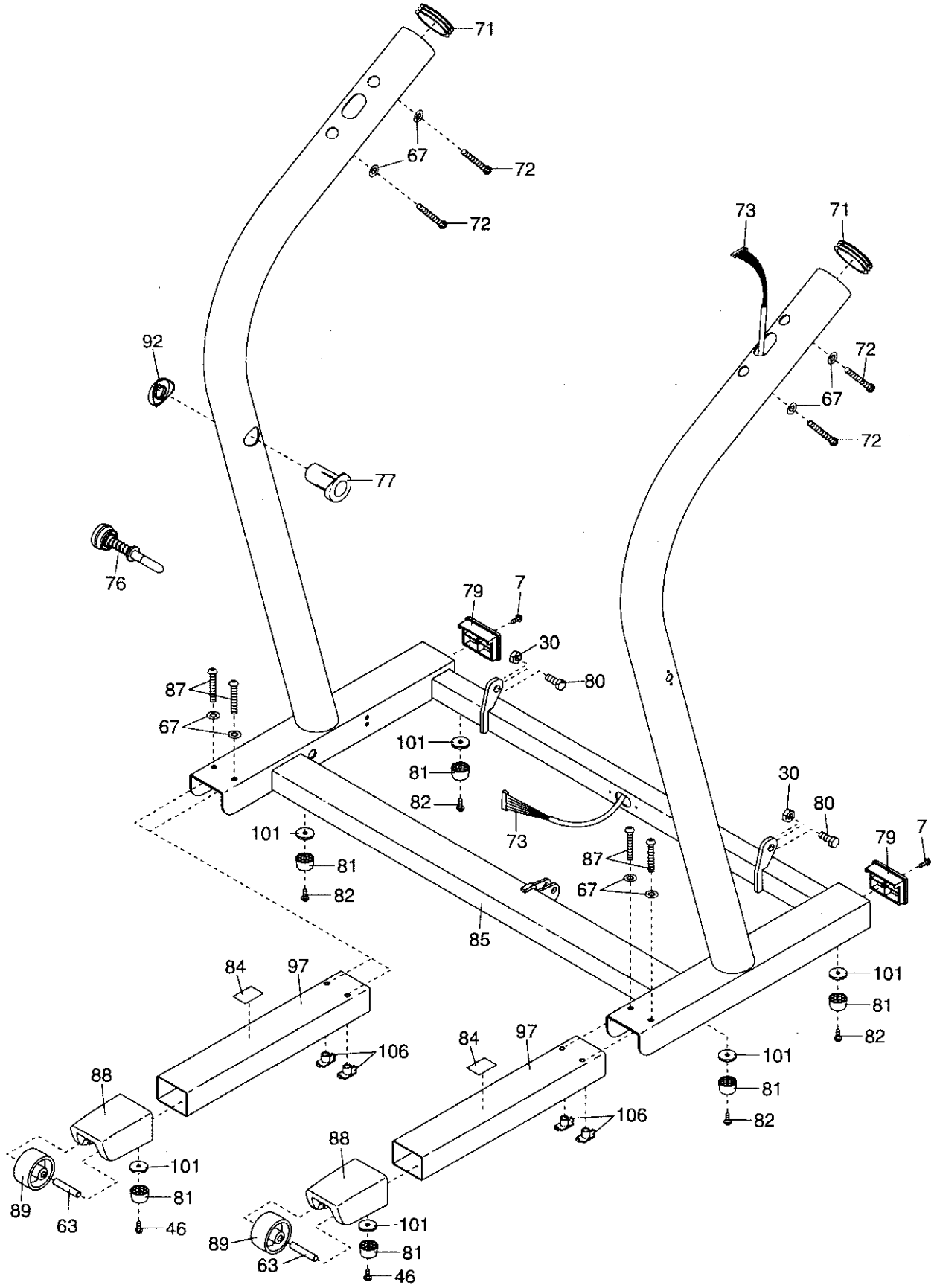
EXPLODED DRAWING C—Model No. NTL77806.1

R0806A



EXPLODED DRAWING D—Model No. NTL77806.1

R0806A



LIMITED WARRANTY

WHAT IS COVERED—The entire NordicTrack A2250 treadmill ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the drive motor for life. Parts and labor are warranted for one year from the date of purchase.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual"). This warranty does not extend to products used for commercial or rental purposes.

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 243250 R0806A

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